



Tips to Help You Eat Vegetables & Ways to Incorporate Vegetables into the Diet

In general

- Buy fresh vegetables in season. They cost less and taste better.
- Buy pre-washed bags of salad greens and add baby carrots or grape tomatoes for a salad in minutes.
- Use a microwave to quickly cook vegetables.
- Eat a variety of vegetables to keep meals interesting.
- Try crunchy vegetables, raw or lightly steamed.



For the best nutritional value

- Select vegetables with a lot of potassium, such as sweet potatoes, white potatoes, white beans, tomato products (paste, sauce, and juice), beet greens, soybeans, lima beans, winter squash, spinach, lentils, kidney beans, and split peas.
- Prepare more foods from fresh ingredients to lower sodium intake.
- Buy canned vegetables labeled “no salt added.”

At meals

- Plan some meals around a vegetable main dish, such as a vegetable stir-fry or soup.
- Try a main dish salad for lunch. Go light on the salad dressing.
- Include a green salad with your dinner every night.
- Shred carrots or zucchini into meatloaf, casseroles, quick breads, and muffins.
- Include chopped vegetables in pasta sauce or lasagna.
- Order a veggie pizza with toppings like mushrooms, green peppers, and onions, and ask for extra veggies.



- Use pureed, cooked vegetables such as potatoes to thicken stews, soups and gravies. These add flavor, nutrients, and texture.
- Grill vegetable kabobs as part of a barbecue meal.

Make vegetables more appealing

- Try a low-fat salad dressing with raw vegetables.
- Include cooked dry beans or peas in flavorful mixed dishes, such as chili or soup.
- Decorate plates or serving dishes with vegetable slices.
- Keep a bowl of cut-up vegetables in a see-through container in the refrigerator.

Keep it safe



- Wash vegetables before preparing or eating them. Under clean, running water, rub vegetables with your hands to remove dirt. Dry after washing.
- Keep vegetables separate from raw meat, poultry and seafood while shopping, preparing, or storing.

This information is adapted from the United States Department of Agriculture.